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## **Allegacy Federal Credit Union Recognized As An American Heart Association Fit-Friendly Worksite**

**Winston-Salem, March 12, 2014** – Allegacy Federal Credit Union, one of the largest credit unions in North Carolina, has been recognized as a platinum-level ‘Fit-Friendly Worksite’ by the American Heart Association for helping employees eat better and move more.

“Physical activity and employee wellness are important priorities at Allegacy Federal Credit Union,” said Cathy Pace, CEO, Allegacy Federal Credit Union. “We are honored and excited to be recognized by the American Heart Association for our AllHealth Wellness program we started in 2009. We are committed to providing the best workplace environment possible as this will benefit our employees’ health and produce even more positive results for our worksite overall.”

Criteria for platinum-level employers:

- Offer employees physical activity options in the workplace
- Increase healthy eating options at the worksite
- Promote a wellness culture in the workplace
- Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture
- Demonstrate measurable outcomes related to workplace wellness

Allegacy’s platinum award comes on the heels of the organization being named as one of the 2014 Healthiest 100 Workplaces in America.

The AllHealth wellness program provides employees health risk assessments, free health screenings, biometric screenings and onsite face-to-face health and wellness coaching via a unique collaboration with Novant Health. Other distinctive offerings include financial and paid time off incentives, fruit of the month delivery to every employee, discounted YMCA memberships for employee families, Hospice counseling to address emotional wellness, and

the creation of 'Wellness Corners' where employees can take a break, de-stress, read wellness educational materials while listening to soothing music.

According to the American Heart Association, American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising. At Allegacy, those numbers are falling.

Productivity, absenteeism, health premiums, employee morale, has been exceptional since Allegacy's wellness program began. For three years in a row, Allegacy experienced no increase in medical premium. Results show the credit union had a 75 percent reduction in employees in the high risk stratification (five or more health risk factors), and a 17 percent increase in low risk stratified employees (one health risk factor or none). Also, the number of employees with three or more risk factors decreased almost 30 percent in 2011 to just under two percent and average work time lost due to sickness or accident dropped almost 13 percent since 2010.

Organizations that want to consider becoming a Fit-Friendly Worksite may call the American Heart Association at 336-918-4245 or visit [startwalkingnow.org](http://startwalkingnow.org).

### **About Allegacy**

Allegacy is one of the largest credit unions in North Carolina, with members throughout the world. Founded in 1967 in Winston-Salem, Allegacy has a broad membership base open to anyone in our community. Current members also include the employees, retirees and families of over 600 companies throughout the country. Allegacy offers virtually all personal and business financial services. Allegacy Financial Centers are concentrated in the Triad area with 15 convenient locations and seven high school student-run credit unions in the Winston-Salem/Forsyth County School system. For more information, visit [AllegacyFCU.org](http://AllegacyFCU.org).

### **About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit [heart.org](http://heart.org).

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